

Manido Giizis Challenge – This is the time for some self-reflection and planning. For the last ten days of the time of Manido Giizis we are asking you to take a few minutes to think about what your health and wellness goal is for the next year. This will be a few sentences that describe a vision of what you would like your health and wellness to look like a year from now; a description of your best version of yourself.

1. Paint a picture for yourself with words of what optimal health and wellness looks like for you. This will help you to know what you are working towards, so that you can plan your action steps. For example, your wellness goal might read:

“I am relaxed, physically strong and pain-free. I am able to get up and down from the floor easily. My blood pressure, blood sugar and blood cholesterol numbers are all within the recommended ranges. I am eating meals that are easy to prepare, satisfying and healthy. I feel great, and am calmly handling stressful events and situations. I am regularly refueling my energy cup with yoga and by walking my dog. I am taking care of myself as well as I take care of others”.

2. Next, think about what would be motivators for you to achieve your wellness goal. What can help you to make this happen? For example:

- “I want to be able to play with my grandchildren”.
- “I want to be able to hike in the Rocky Mountains next fall”.
- “I don’t want to take so many medications”.
- “I want to feel more relaxed and less anxious”.
- “I want to dance at the pow wow”.

3. Explore your strengths and what you already have that can help you to achieve your vision:

- Are you well-organized or a good planner?
- Do you have supportive friends, or someone to do this with?
- Are you already making progress in some of the areas, and why is that happening? How could those skills help you with your plan?

4. What are challenges or potential barriers that could keep you from attaining your wellness goal?

- Do you work too many hours, or take your work home at night?
- Do you eat at fast food restaurants most nights of the week because there is no food in the house?
- Are you spending more time in front of the TV than you really want to?
- Do you have a lot of family or social obligations?

5. And finally, what strategies could help you to make your vision happen?

- Is it time to check in with your doctor, nurse practitioner, physician's assistant, behavioral health counselor, diabetes health educator, wellness / fitness advocate, registered dietitian, physical therapist, pharmacist, dentist or other health care specialist?
- Do you need to set some boundaries and learn how to say "no, I cannot help with that right now"?
- How about looking back and tracking what you have been successful at, and all that you have achieved, so you can see what worked in the past?
- Which friends, staff, programs, family members will be supportive of your plans?

On the next page two pages there is a space where you can work on these questions.

Name _____

Date _____

My Wellness Vision - In a few sentences describe what you would like your health and wellness to look like a year from now. This will be a description of what optimal health and wellness looks like for you. This will help you to know what you are working towards, so that you can plan your action steps.

My Motivators – what are thoughts, messages or situation that motivate you to achieve your wellness goal? What can help you to make this happen?

My Strengths – List your strengths and what you already have in place that can help you to achieve your vision.

My Challenges or Potential Barriers – what could get in the way of you achieving your vision?

The Strategies – what I will use to help me make my vision happen.